

9to5strength - Pizza Hut Nutrition Tables

Pizza Hut - Margherita (3 slices)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Large Cheesy Bites	687	34	76	4	27	15	1.8
Large Stuffed Crust	681	34	75	4	27	15	1.6
Large Pan	678	28	74	5	30	12	2.6
Large Classic	561	25	67	5	22	10	2.0
Medium Classic	480	21	58	4	18	8	1.7
Small Classic	453	19	58	3	16	7	1.4
Large Italian	438	21	48	5	18	9	1.6
Gluten Free	402	13	46	5	17	8	1.6

Pizza Hut - Farmhouse (3 slices)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Large Cheesy Bites	651	34	76	3	23	12	2.1
Large Stuffed Crust	645	33	75	3	23	12	1.9
Large Pan	630	28	74	4	25	9	1.9
Large Classic	522	25	67	5	17	7	2.3
Medium Classic	447	21	58	3	15	6	1.9
Small Classic	426	19	58	3	14	5	1.6
Large Italian	399	21	48	4	14	7	1.9
Gluten Free	372	13	46	5	14	5	1.8

Pizza Hut - Hawaiian (3 slices)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Large Cheesy Bites	657	33	78	6	23	12	2.1
Large Stuffed Crust	651	33	77	6	23	12	1.9
Large Pan	636	26	76	6	25	9	2.7
Large Classic	528	24	69	7	17	7	2.3
Medium Classic	453	21	59	5	15	6	1.9
Small Classic	432	18	59	5	14	5	1.6
Large Italian	408	20	50	6	14	7	1.9
Gluten Free	378	13	48	6	14	5	1.8

Pizza Hut - Veggie Supreme (3 slices)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Large Cheesy Bites	639	31	78	6	23	12	1.5
Large Stuffed Crust	633	30	77	6	22	12	1.3
Large Pan	618	24	76	6	24	9	2.1
Large Classic	513	22	69	7	17	7	1.7
Medium Classic	438	18	59	5	14	6	1.4
Small Classic	423	17	60	5	13	5	1.2
Large Italian	390	18	50	7	13	6	1.3
Gluten Free	363	10	48	6	14	5	1.3

Pizza Hut - Veggie Sizzler (3 slices)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Large Cheesy Bites	639	30	78	5	23	12	1.8
Large Stuffed Crust	633	30	78	5	22	12	1.6
Large Pan	618	23	76	5	24	9	2.4
Large Classic	513	21	69	7	17	7	2.0
Medium Classic	429	18	60	5	13	5	1.7
Small Classic	423	17	60	5	13	5	1.4
Large Italian	390	18	51	6	13	6	1.5
Gluten Free	363	10	48	6	14	5	1.6

Pizza Hut - Texas BBQ (3 slices)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Large Cheesy Bites	729	40	80	8	27	14	2.4
Large Stuffed Crust	723	40	80	8	26	14	2.3
Large Classic	600	31	71	9	21	8	2.6
Large Pan	591	34	50	5	29	12	2.6
Medium Classic	507	26	60	6	18	7	2.1
Small Classic	483	24	60	6	16	6	1.9
Large Italian	477	27	53	8	17	8	2.2
Gluten Free	435	19	49	7	17	7	2.1

Pizza Hut - Pepperoni Feast (3 slices)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Large Cheesy Bites	828	39	77	4	40	20	2.7
Large Stuffed Crust	822	39	76	4	40	19	2.6
Large Pan	819	33	75	5	43	17	3.5
Large Classic	702	30	68	5	35	15	2.9
Medium Classic	585	25	58	4	38	12	2.4
Large Italian	579	26	49	5	31	14	2.5
Small Classic	525	22	58	3	23	10	1.9
Gluten Free	519	17	47	5	29	12	2.4

Pizza Hut - The Meaty One (3 slices)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Large Cheesy Bites	840	47	78	4	38	18	2.9
Large Stuffed Crust	834	46	77	4	38	18	2.7
Large Pan	819	40	76	5	40	15	3.5
Large Classic	714	38	69	5	32	13	3.0
Medium Classic	621	34	59	4	28	11	2.8
Large Italian	591	34	50	5	29	12	2.6
Small Classic	558	29	59	4	23	9	2.2
Gluten Free	549	26	48	5	28	11	2.6

Pizza Hut - Meat Feast (3 slices)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Large Cheesy Bites	807	42	78	4	36	17	3.1
Large Stuffed Crust	801	42	77	4	36	17	2.9
Large Pan	786	36	76	5	38	14	3.8
Large Classic	678	33	69	5	30	12	3.2
Medium Classic	591	29	60	4	27	11	2.8
Large Italian	567	30	50	5	27	12	2.9
Small Classic	534	25	59	4	22	9	2.2
Gluten Free	519	21	48	5	26	10	2.7

Pizza Hut - BBQ Meat Feast (3 slices)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Large Cheesy Bites	828	42	83	8	36	17	3.3
Large Stuffed Crust	822	42	82	8	36	17	3.2
Large Pan	807	35	81	8	38	14	4.0
Large Classic	702	33	74	9	30	12	3.5
Medium Classic	603	29	63	7	27	11	3.0
Large Italian	579	29	55	9	27	12	3.1
Small Classic	546	25	78	6	22	9	2.4
Gluten Free	528	21	51	8	26	10	2.9

Pizza Hut - Chicken Supreme (3 slices)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Large Cheesy Bites	654	35	77	4	23	12	1.6
Large Stuffed Crust	648	35	76	4	23	12	1.4
Large Pan	633	28	74	5	25	9	2.3
Large Classic	528	26	68	5	17	7	1.8
Medium Classic	453	23	58	4	15	15	1.5
Small Classic	435	20	58	4	14	5	1.3
Large Italian	405	22	49	5	14	6	1.4
Gluten Free	378	15	47	5	14	5	1.4

Pizza Hut - Super Supreme (3 slices)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Large Cheesy Bites	816	41	79	5	38	17	4.3
Large Stuffed Crust	810	41	78	5	38	17	4.1
Large Pan	798	34	77	5	39	14	3.7
Large Classic	690	32	70	6	32	13	3.4
Medium Classic	600	28	60	5	28	11	2.8
Large Italian	570	28	51	5	29	12	2.8
Small Classic	546	25	60	4	23	9	2.3
Gluten Free	525	20	49	6	27	10	2.7

Pizza Hut - Meatysaurus (3 slices)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Large Cheesy Bites	780	41	83	9	31	14	4.0
Large Stuffed Crust	774	41	82	9	31	14	3.8
Large Pan	759	34	80	9	33	11	3.3
Large Classic	651	32	74	10	26	9	2.9
Medium Classic	552	27	62	7	22	8	2.3
Large Italian	531	28	55	10	22	9	2.5
Small Classic	498	23	62	6	18	6	1.9
Gluten Free	492	21	51	8	22	8	2.5

Pizza Hut - Classic Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Large Potato Wedges	569	10	79	4	24	3	2.7
Cheesy Nachos	563	16	58	7	33	10	2.6
Potato Wedges	380	7	53	3	16	2	1.3
Garlic Bread (Per Slice)	95	2	11	1	5	1	0.3
Mixed Leaf Salad (Side Salad)	44	1	3	3	3	0	0.1

Pizza Hut - Premium Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Loaded Chicken With Cheese & Bacon	573	43	34	3	29	11	3.0
Loaded Chicken With Cheese	521	38	34	2	26	10	2.5
Cheese Triangles	462	19	29	2	30	13	3.6
Hot 'N' Spicy Chicken Strips (8 Strips)	437	29	37	2	19	7	3.1
BBQ Chicken Wings (7 Wings)	414	39	12	7	23	6	3.3
Macaroni Cheese	410	21	35	4	20	12	1.5
Breaded Chicken Strips (5 Strips)	366	27	33	1	15	5	1.7
Cheesy Garlic Bread (Per Slice)	139	5	12	1	8	3	0.5

Pizza Hut - Dips (Delivery)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Garlic & Herb	106	0	2	1	11	1	0.2
Sour Cream & Chive	72	0	3	1	7	1	0.2
Sweet Chilli	51	0	12	11	0	0	0.3
BBQ	25	0	5	4	0	0	0.3
Hot Sauce	17	0	3	2	0	0	0.3

Pizza Hut - WingStreet

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
6 Habanero Chicken Wings	723	30	47	14	46	8	5.7
6 Sweet Chilli Chicken Wings	721	29	57	18	42	8	6.5
6 BBQ Chicken Wings	690	30	48	13	42	8	5.8
7 Habanero Chicken Breast Chunks	641	33	54	14	32	3	2.7
7 Sweet Chilli Chicken Breast Chunks	639	32	64	18	28	3	3.5
6 Plain Chicken Wings	624	29	34	1	42	8	5.1
7 BBQ Chicken Breast Chunks	608	33	56	12	28	3	2.8
7 Plain Chicken Breast Chunks	543	32	41	1	28	3	2.2
Chips	500	8	74	1	19	2	1.9

Pizza Hut - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Triple Choc Chip Cookie Dough	651	7	82	56	32	20	2.3
Chocolate Chip Cookie Dough	642	8	79	51	32	20	2.2
Strawberries & Cream Cookie Dough	634	6	88	60	29	18	2.2
Caramel & White Chocolate Cookie Dough	626	7	87	59	27	17	2.8
Caramel Chew Chew (1/2 tub)	600	9	65	55	35	23	0.4
Ben & Jerry's Cookie Dough (1/2 tub)	575	9	65	53	33	20	0.4
Ben & Jerry's Phish Food (1/2 tub)	575	8	78	60	25	18	0.4
Blondie Brownie Core (1/2 tub)	548	9	63	55	30	18	0.3
Chocolate Fudge Brownie (1/2 tub)	523	9	63	58	28	17	0.4
Vanilla Ice Cream (+ Cookie Dough)	103	2	12	10	6	3	0.1